

IN THE CLAIMS:

1. **(Original)** An actuator, preferably for furniture and comprising a helical spring as (20) having a plurality of windings around a cylindrical element (10) of plastics rotatable at least during reversed movement, said spring being tightened around the cylindrical element during reversed movement, characterized in that the cylindrical element consisting of plastics has an insert (12) of metal for carrying off the frictional heat generated during the reversed movement.

2. **(Original)** An actuator according to claim 1, characterized in that the insert (12) is connected with cooling faces of metal, preferably other actuator parts consisting of metal.

3. **(Original)** An actuator according to claim 2, comprising a worm wheel (9) and a spindle (2), wherein the connection between these is formed by a spline, characterized in that the spline of the worm wheel is formed in the insert (12) so that there is direct contact between insert (12) and spindle (2).

4. **(Currently Amended)** An actuator according to claim 1, ~~2 or 3,~~ characterized in that it comprises an element (18) in intimate contact with the outer side of the spring (20) for carrying off the heat, said element being made of a more heat-conducting material than the spring.

5. **(Original)** An actuator according to claim 4, characterized in that the element (18) essentially covers the entire outer side of the spring.

6. **(Original)** An actuator according to claim 5, characterized in that the element (18) is connected with cooling faces, preferably other actuator parts consisting of metal.